



Cumberland

Cumberland Farmers' Market

290 Tuttle Road

Sat 10-1

Valley View Farm, Jillson's Farm, Chirp Creek Farm

Falmouth

Falmouth Farmers' Market

22 Hat Trick Drive

Jillson's Farm, Valley View Farm, Chirp Creek Farm

Portland

Portland Farmers' Market

Deering Oaks Park

Wed 7-1

(207)382-6007

Fresh Start Farms - Christine Pompeo, Uncles Farm Stand, Goranson Farm, Lost & Found Farm

Portland Farmers' Market - Deering Oaks Park

Deering Oaks Park

Sat 7-1

(207)382-6007

Uncles Farm Stand, Alewives Brook Farm, Fresh Start Farms - Christine Pompeo, Cornerstone Farm, Two Farmers Farm, Goranson Farm

Whole Foods Farmers Market

2 Somerset Street

Tue 1-5

Fresh Start Farms - Habiba Noor

Saco

Fenderson Farm Stand

97 New County Road

Daily 9-4:30

Please call before coming to farm to allow for physical distancing

207 468-9315

(207)468-9315

Saco Farmers' Market

4 Scamman Street

Wed 7-11, Sat 7-12

Harris Farm, Girard Farm

Scarborough

Scarborough Farmers' Market

259 US Route One

Sun 9-1

(207)799-7743

Frith Farm

South Portland

South Portland Farmers Market

Ocean and Thomas Street

Sun 10-2

Alewives Brook Farm

Yarmouth

Yarmouth Farmers' Market

317 Main Street

Thu 3-6

Andrews Farm, Somali Bantu Community, Tiny Rooks Organic Farm, Tender Soles Farm LLC



Using WIC Farmer's Market Checks Bring Your:

- * ID (personal identification)
- * WIC folder/ Participant Booklet
- * A box or bag to carry the produce

At the market:

- * Look for WIC signs. Those farmers accept WIC checks.
- * If it is a listed farmer, and you do not see a WIC sign, ask if they accept WIC checks.
- * Feel free to shop around before using your checks.
- * Enjoy the outdoors and music!

Important

- * You can use more than one check at a time.
- * The farmer cannot give money back for the checks.
- * You can use your own money if the total is more than the WIC check.

NAME OF PARTICIPANT		FIRST DAY TO USE		LAST DAY TO USE		CHECK NUMBER
SAMPLE CHECK		3/23/2016		4/22/2016		03356297
PARTICIPANT ID	AGENCY	CLINIC	FOOD PACKAGE	FI TYPE		
10043571						
FOR PURCHASE OF APPROVED WIC FOODS ONLY (NO SUBSTITUTIONS ALLOWED):						AMOUNT
\$11.00 For Fresh, Frozen or Canned Fruits &/or Vegetables						\$ 10.57
XXX END OF ORDER XXX						DEPOSIT WITHIN 15 DAYS OF FIRST DAY TO USE PAY TO THE ORDER OF MAINE WIC VENDOR
						STAMP BELOW VENDOR STAMP
						X WIC Customer SIGNATURE OF AUTHORIZED REPRESENTATIVE OR PRIOR

- * Monthly WIC fruit and vegetable checks can also be used with WIC farmers.
- * You can use SNAP benefits to pay for items at many markets and stands.

For more information about WIC call **207.553.5800**
or visit WICforME.com

10 Reasons to Eat Locally Grown

1. Local food tastes better.
2. Locally grown produce is fresher.
3. Local food gives back to local economies.
4. Local food supports local farms.
5. Local food keeps us in touch with the seasons.
6. Local food supports clean environments and benefits wildlife.
7. Local food builds stronger communities.
8. Local food supports responsible land development.
9. Local produce is healthier for you.
10. Local food is about the future.

WIC is a program of The Opportunity Alliance. The Opportunity Alliance is a non-profit, multi-service, community action agency committed to transforming our community by helping people in need build better lives. The WIC Nutrition Program is an equal opportunity program administered by the Maine Department of Health and Human Services. The program is operated in accordance with the US Department of Agriculture policy which prohibits discrimination on the basis of race, color, sex, age, disability, religion or national origin.

the
Opportunity
Alliance



2020

wic MAINE

Greater Portland Farmers' Market Guide

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